Ladies Aid Are we growing old Grumpily or Gracefully? August 13, 2009 based on As Long as I Live: Thoughts on Growing Older, Jacob Eppinga (CRC Publications, 1993)

Describe the blessings of Retirement? Of growing old?

Is Old Age always beautiful and happy? Think of Naomi, or Saul, or Solomon

There are Lessons to be learned by Christians of ALL ages. (Read Titus 2:2-3)

The Grumps of Growing Old; with a matching positive grace

- 1. Self-esteem Thinking TOO MUCH or TOO LITTLE of yourself
 - a. Watch out for the Great sins of obituary omissions!!
 - b. Ask this, What does Jesus think of me? This will balance your thoughts of self (Romans 3:23; John 3:16; Psalm 8:5)
- 2. Egocentrism "I have talked enough about myself. What do you think of me?"
 - a. "To sing in heaven with the saints above, Oh that will be the glory! To dwell with them on earth, that is another story!"
 - b. Antidote? Philippians 2:3-4
- 3. Self-Pity The heart which delights in the Joy of Misery.
 - a. In childhood, we had a birthday party, as we age, we have a pity party
 - b. Antidote: Psalm 42-43, for example, Ps. 42:5
 - c. Do you truly believe the Bible truths summarized in HC #26-28?
- 4. Hypercritical spirit
- 5. Retrospection
- 6. Conservatism
- 7. Doubt